

## CLAIMS:

1. An activity monitor for attachment to an entity, the monitor comprising:  
a measurement unit including a plurality of motion sensors operable to  
produce respective sensor signals indicative of motion experienced thereby; and  
a processor operable to receive the sensor signals from the measurement unit  
5 and to process the signals in accordance with a predetermined method,  
characterised in that the processor is operable to apply a correction calculation  
to the sensor signals, in order to remove external motion effects on an entity to which the  
monitor is attached from the sensor signals.
- 10 2. An activity monitor as claimed in claim 1, wherein the external motion effects  
are caused by vehicular travel.
3. An activity monitor as claimed in claim 1, wherein the processor is operable to  
detect the presence of such external motion effects and to apply the correction calculation  
15 upon detection of the external motion effects.
4. An activity monitor as claimed in claim 1, wherein the processor is operable to  
receive an input from a user indicating the presence of such external effects, and to apply the  
correction calculation upon reception of the input.
- 20 5. A method of monitoring activity of an entity using a plurality of motion  
sensors which are operable to produce respective sensor signals indicative of motion  
experienced thereby, the method comprising receiving sensor signals and processing the  
signals in accordance with a predetermined method, characterized by applying a correction  
25 calculation to the sensor signals in order to remove external motion effects on the entity from  
the sensor signals.
6. A method as claimed in claim 5, wherein the external effects are caused by  
vehicular travel.

7. A method as claimed in claim 5, comprising monitoring for the external motion effects and applying the correction calculation upon detection of the external motion effects.

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8. A method as claimed in claim 5, comprising receiving an input from a user indicating the presence of the external motion effects, and applying the correction calculation upon receipt of the input.